macOS	Description
Shift+Cmd+↓	Selects in the down direction to the edge of the current data range (if the cell adjacent to the cursor is empty, the cursor moves to the next cell that contains data).
Option+Shift+↓	Optimizes the row height based on the current cell.
←	Moves the cell focus left.
Cmd+←	Moves the cursor in the left direction the edge of the current data range (if the cell adjacent to the cursor is empty, the cursor moves to the next cell that contains data).
Shift+←	Selects the adjacent cell or cells located in the left direction.
Shift+Cmd+←	Selects in the left direction to the edge of the current data range (if the cell adjacent to the cursor is empty, the cursor moves to the next cell that contains data).
Option+←	Decreases the width of the current column.
Option+Shift+←	Optimizes the column width based on the current cell.

Table 44: Home and End key shortcuts

macOS	Description
Home	Moves the cursor to the first cell of the current row.
Cmd+Home	Moves the cursor to the first cell in the current sheet (A1).
Shift+Home	Selects cells from the cursor to the first cell of the current row.
Shift+Cmd+Home	Selects all cells from the cursor to the first cell in the current sheet (A1).
End	Moves the cursor along the current row to the cell in the last column containing data in the sheet.
Cmd+End	Moves the cursor to the cell in the last column and row that contain data in the current sheet.
Shift+End	Selects cells along the current row from the cursor to the cell in the last column containing data in the sheet.
Shift+Cmd+End	Selects all cells from the cursor to the cell in the last column and row that contain data in the current sheet.

Table 45: Other Page Up and Down key shortcuts

macOS	Description
Pg Up	Moves up one screen page.
Cmd+Pg Up	Moves to the previous sheet.
Shift+Pg Dn	Selects cells from the cursor to the row one page up.
Option+Pg Dn	Moves one screen page to the left.
Option+Shift+Pg Dn	Selects cells from the cursor to the column one page to the left.
Pg Dn	Moves down one screen page.
Cmd+Pg Dn	Moves to the next sheet.
Shift+Pg Dn	Selects cells from the cursor to the row one page down.
Option+Pg Up	Moves one screen page to the right.